

**INTERVIEW & PHOTO OPPS WITH PARENTS AND FILM PRODUCERS:
WE INVITE YOUR COVERAGE!**



Angst

**RAISING
Awareness
AROUND
Anxiety**

Livermore, CA 2-Days Dedicated to Navigating Teen Anxiety, including Screening of Powerful Documentary to Spark Conversation About Teens and Anxiety, Provide Tools, Resources and Hope

**March 6th-7th Event to Be Held at Crosswinds Church in
Memory of Local Student Zachary Nimmo**

**Karin Gornick (*Angst* Producer), Local Mental Health Professionals
And the Nimmo Family to Participate in Panel Discussion**

WHAT: Z-Cares Foundation with local sponsorship is hosting 2 days dedicated to navigating youth anxiety. The event titled ['Step Forward - Navigating Youth Anxiety'](#) is the first of several scheduled throughout the spring. Day 1 will include a screening of the documentary [*Angst: Raising Awareness Around Anxiety*](#). The film features a special interview with world-renowned athlete and mental health advocate **Michael Phelps** as well as teens and parents sharing deeply personal stories about the impact of anxiety on their own lives and tips and advice from prominent experts. Day 2 will include a keynote address from **Dr. Mark Reinecke of Child Mind Institute** as well as breakout sessions for teens, young adults and adults. In addition Mental Health Providers will be available as part of a Mental Health Fair to answer family questions and help navigate a difficult time. Z-Cares Foundation was established in memory of Zachary Nimmo, a 14-year-old student at Amador Valley High School who tragically took his own life. Anxiety disorders are the most common mental health challenge in the U.S., but there is hope because the condition is highly treatable. Often, those who experience extreme anxiety feel ashamed and suffer in silence and Z-Cares Foundation is committed to jumpstarting the conversation about anxiety. The showing of the film will be followed by an informative panel discussion including the producer of *Angst*, noted local experts, teens and Zachary's family members. Another event is in the works for April in San Francisco and May in Sacramento.

WHO: The event is free, with more than 800 teens and tweens, parents, dignitaries and prominent community members expected to attend and join the dialogue. The goal is to discuss how to begin breaking the stigma of anxiety, to empower parents to recognize the warning signs, for teens seek the help they need and for teachers to understand how to support their students. Among the experts and special guests are:

- **Karin Gornick** – Producer of *Angst* and local mom featured in the film
- **Steve and Mannie Nimmo** – Zachary's parents & Co-Founders Z-Cares Foundation

- **Samantha Nimmo** - Zachary's 18-year-old sister and a student at Whittier College
- **Andy Kaplan** - college student and in film Angst and will share his story since the film
- **Caty Hu** - youth leader and 18 year old sharing her story of depression
- **Vanessa Muelleile, LMFT** - School counselor and licensed therapist.

Event Sponsors

- Walker Family Trust
- Mountain Valley Treatment Center
- Sutter health Palo Alto Medical Foundation
- Crosswinds church
- Cornerstone Fellowship
- Dr Beth Compassionate Parenting
- Optimum Educational Solutions

WHERE & WHEN

Crosswinds Church

1660 Freisman Road, Livermore
Livermore, California 94551

Friday, March 6th, 2020

Screening from 6:30pm - 7:30pm
Panel Discussion from 7:30pm - 8:00pm.
Reception from 8:00pm - 9:30pm

Saturday, March 7th, 2020

Keynote Address from 9:00am - 10:00am
Breakout Sessions from 10:00am - 11:45am
Mental Health Fair from 12:00pm - 3:00pm
Breakout Sessions from 2:00pm - 3:30pm
Closing Comments and Reception from 3:30pm - 5:00pm

ABOUT ANGST: Producers Scilla Andreen and Karin Gornick have one goal: to start a global conversation and raise awareness around anxiety. Through candid interviews, they utilize the power of film to tell the stories of kids and teens who discuss their anxiety and its impact on their lives and relationships, as well as how they've found solutions and hope. In addition, the documentary provides discussions with mental health experts about the causes of anxiety and its sociological effects, along with the help, resources and tools available to address the condition. To learn more visit: www.angstmovie.com.

ABOUT Z-CARES FOUNDATION: Co-Founders Steve & Mannie Nimmo along with daughter Samantha are dedicated to starting the conversation about mental health and keeping it going. Z-Cares Foundation is a 501(c)(3) organization that is committed to supporting youth in communities. zcares.org

ABOUT INDIEFLIX FOUNDATION: IndieFlix Foundation is a 501(c)(3) that promotes and supports social impact films to create positive change in the world. These programs screen directly in schools and communities to foster conversation at the family level and nurture a more social, emotional, empathetic culture. Indieflixfoundation.org

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